

# ADOA Wellness Program & MAYO CLINIC Health Risk Assessment

Take the 2008 HRA between February 4th and March 28th for your chance to improve your health and win \$100. Visit [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov)



## What is a HRA?

The Mayo Clinic Health Risk Assessment (HRA) is a **secure** tool that gathers information designed to help prioritize your health risks and guide your health choices. When you take the Mayo Clinic HRA, you'll find out about health risks you may not even realize you have and how healthy choices will help you. The HRA will immediately generate your own Personal Health Report.

## Who is eligible to participate?

All benefit-eligible State employees are eligible to take the HRA, and their dependents and spouses are also eligible. Join the thousands of State of Arizona employees that took the HRA last year.

## How do I get started?

- Log on to the Mayo Clinic EmbodyHealth web portal [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov)
- Complete the registration process by entering in your Employee Identification Number (EIN) and a unique email address
- Receive an email confirmation of registration
- Follow the email link to take the HRA



## Incentives

Take the Mayo Clinic Health Risk Assessment (HRA), and you are automatically entered to win one of **five hundred, \$100 Premiere Choice® Awards**. You will be able to redeem your award for a gift card at more than 350 merchants from leading retailers, restaurants, entertainment and travel providers to give you a wide selection of gift card choices.

## Mayo Clinic Lifestyle Coaching

HRA participants may also be eligible to receive **FREE** lifestyle coaching from Mayo Clinic. The Mayo Clinic Lifestyle Coaching offers confidential, one-on-one telephonic coaching based on your personal health goals. The program will help you:

- Learn the impact of choices that affect your health
- Identify barriers to changing your health habits
- Build skills and provide tools to change behavior
- Increase motivation and self-confidence for change

*"I am so happy with [my coach] and the way she shows her concern and helps me stay focused."*

-- State of AZ  
employee Lifestyle  
Coaching  
participant

## Mayo Clinic EmbodyHealth Web Portal

After completing the HRA, participants will also have access to the **Mayo Clinic EmbodyHealth Web Portal** all year long. This **FREE** interactive personal health management tool offers many programs such as:

- Monitor My Health
- Connect with Others
- Improve Lifestyle Habits
- Health Info A-Z
- Manage Chronic Conditions
- Make Treatment Decisions

## Know Your Numbers Campaign

The *Know Your Numbers* campaign offers **FREE** health screenings throughout the State to enhance your HRA results. Please check [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) for a complete schedule. Attending a screening is *not required* to participate in the HRA, but your screening results will make your HRA more meaningful.

Invest 15 minutes in your health, and be eligible to win one of five hundred, \$100 Premiere Choice Awards. You may also be eligible for **FREE** lifestyle coaching. What are you waiting for? Log on to [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov) today.